



Orléans-Cumberland  
Community  
Resource Centre

# Newsletter

## & the Community Caring Connection

December 2016 • January & February 2017

### New Community Partnerships

#### Sexual Health Program with Ottawa Public Health

The Orléans-Cumberland Community Resource is a bilingual multiservice centre who contributes in promoting health and well-being of residents in Orléans-Cumberland. The Centre plays an important role by offering a variety of services to meet the needs of people living in our community.



With that in mind, the Centre is proud to announce another partnership with Ottawa Public Health to provide a sexual health clinic for youth aged 29 and under. Those confidential drop-in clinics will be offered on Wednesdays afternoon from 2 p.m. to 5 p.m. starting November 2nd at the Centre located at 240 Centrum Boulevard – unit 105. Nurses will be on site to provide counselling, information, sexual health education, and counselling on other topics such as sexually transmitted infections and contraception. The clinic will also offer testing and treatment for sexually transmitted infections, HIV testing, pregnancy tests, Hepatitis A & B immunization for those who qualify, and free condoms.

We are very proud of this community partnership with Ottawa Public Health. Their services will allow hundreds of youth and young adults to receive, in Orléans, information and services regarding their sexual health. To find out more about the sexual health clinic for youth, please visit [ottawa.ca/sexuality](http://ottawa.ca/sexuality).

This collaboration will also allow us to suggest to youth and young adults, who are interested, a variety of services such as individual counselling, meeting groups for youth, employment centre, financial counselling, food bank, breastfeeding clinic, and many more. For more information about our services, please visit our website [www.croc.ca](http://www.croc.ca).

#### Financial Counselling

A new partner, Doyle/Salewski an accounting firm in Ottawa, has joined our team. Marc Rouleau, chartered accountant, will offer financial advice and solutions to people who need assistance on how to manage credit, bankruptcy, proposals, debt management and consolidation, among other services.

For individuals who want to take charge of their financial situation, learn how to prepare a budget, and other challenges regarding their personal financial situation, please make an appointment with Marc Rouleau by calling (613) 569-4444 ext. 2080 or write to [Marc.Rouleau@doylesalewski.ca](mailto:Marc.Rouleau@doylesalewski.ca).

— Our programs and services are free of charge —



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Visit  
our website  
[www.croc.ca](http://www.croc.ca)



Find us on  
Facebook

240 Centrum Blvd.  
Unit 105  
Orléans ON K1E 3J4  
T 613-830-4357  
[info@croc.ca](mailto:info@croc.ca)

### Office Hours

Monday to Friday  
8:30am to 4:30pm

See page 2 for holidays  
in December, January and  
February

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### OC Transpo Buses

135, 136, 137  
stop near our building  
T 613-741-4390

## Adults and families

**Intake and Intervention Program** – Talk to someone about stress, violence, crisis intervention, employment, bereavement, short-term counselling, advocacy, community education, etc. Call us for support and to discuss the resources available in the community.  
Info. Tracy or Lisa (613) 830-4357

**Contact North** – Online education, financial aid options, employment agency referrals and more.  
Info. Christina Patterson (613) 830-4357 ext. 301  
[orleans@contactnorth.ca](mailto:orleans@contactnorth.ca)

**CFSO** – Counselling for individuals, couples and families. (service available on a sliding scale)  
Info. Carole Barrette (613) 830-4357 ext. 406

**Employment Ontario** – Your job is out there...and we'll help you find it. We can help you get the training, skills and experience to achieve your goals.  
Info. (613) 741-9042

**Action Housing** – Services for tenants and landlords related to housing, tenants' rights. Get information on your rights and responsibilities in order to avoid difficult situations.  
Info. Eddy Francillon (613) 830-4357 ext. 400

**Diabetes Program** – Information groups offered every month during the day and evening, in English and French. To register, call (613) 233-6655

**Francophone Association for Autism** – Information offered to individuals with autism and support to their family members.  
Info. [www.sfoautisme.org](http://www.sfoautisme.org)

**Life Enrichment for Senior Adults [L.E.S.A.]** – Counselling for adults 55+ experiencing problems with alcohol, medications, other drugs, and gambling – aiming to improve social / physical / psychological / spiritual health.  
Info. (613) 233-5430

**EBO - Financial Education Centre** – Offers help on budgeting and work with individuals and their families to achieve financial autonomy.  
Info. (613) 830-4357

**Doyle Salewski** – Offers counselling and solutions to people experiencing financial difficulties.  
Info. Marc Rouleau (613) 830-4357

**Ottawa Public Health** – Youth sexual health community clinics available to youth aged 29 and under. Opening November 2, 2016 – Wednesdays from 2pm to 5pm.  
Info. (613) 830-4357 to speak to Andrée Bourgault or Marie-Odile Grayson or to set up an appointment.

## Holidays for December, January, and February

December 26, 27 — closed

December 28 & 29 — open 9 am to 3 pm

December 30 — closed

## Babies, children & teens

**Early Years Centre** : see middle of newsletter for activities

**First Words** – [speech & language services] Focus on prevention, early identification and treatment of speech and language problems in young children.  
Info. Ottawa Public Health at (613) 580-6744 or visit [www.firstwords.ca](http://www.firstwords.ca)

**Dental Screening Clinic** – Offered every 3<sup>rd</sup> Friday of the month at the OCCRC from 9am to noon.

**Youth Program [6-13]** – Individual counselling to discuss difficult matters at home, at school or in their environment. Bullying prevention workshops, support groups, such as social skills. Other social events as well, contact Hélène for details.  
Info. Hélène Leblanc (613) 830-4357 ext. 152

**Youth Program [14-18]** –  
YOUTH WALK-IN – Tuesdays 4pm–7pm when you can talk one on one with a Youth Worker about concerns, needs and resources.  
YOUTH SPACE – Thursday nights 4pm–7pm where youth can come to meet other youth in their community, share experiences, have fun, discuss different issues or their needs.  
Info. Tanya Lapointe Harris (613) 830-4357 ext. 140

**Resources for military families** – The MFRC still offers counselling at the OCCRC.  
Info. (613) 998-4844 or email at [capp@mfrnc-ncr.org](mailto:capp@mfrnc-ncr.org) and [www.familyforces.ca](http://www.familyforces.ca)

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## Food Bank information

**Individuals and families coming to the food bank**

### Office Hours:

Tuesday — 4pm - 7pm

Thursday — 1:30pm - 4:30pm

Friday — 9am to noon

*\*\*\*Please come in 30 minutes before closing time.*

### For donations

#### Summer Office Hours:

Tuesday — 11:30am - 3pm

Wednesday — 9am to noon

Thursday — 9am - 4pm

Friday — 9am to noon



## Rural community development

### Coffee and Greet in Sarsfield



On October 19th, a successful coffee and greet event was held at La résidence Hervé Joly on Colonial Rd. in Sarsfield. The event was an opportunity for residents to learn about the services available at the Orléans-Cumberland Community Resource Centre (OCCRC) as well as the programs offered to older adults at the Shenkman Arts Centre. In attendance were several residents, as well as Lisa Smith, intake worker, and Manon Beaulieu

Community Development agent, both from the OCCRC. The residents also welcomed Sarah Conn, the booking agent at the Shenkman Arts Centre, and Dave Lewis property manager for Cumberland Housing. This was a great opportunity to meet everyone, share information, coffee and desserts.

A big thank you goes to Dave Lewis for providing the coffee and snacks.

## Youth Program 14-18

### Pens and Paints

Free 8-week program for youth 13 to 18 years old offered on Wednesdays from January 18th to March 8th 2017 — 5pm to 7pm. This program will focus on coping with stress through visual arts and creative writing. Youth complete a variety of activities like painting, slam poetry, sculpting, and sketching while linking topics like self-esteem, body image, stigma and many more.

### Guitar lessons

A 10-week program for children and youth 8 to 18 years old offered on Tuesdays from January 17th to

March 28th 2017 — 4:30pm to 6:30pm (no lessons during March break). This program is to learn how to play the guitar, all skills welcomed.

\*\*A limited number of guitars will be available for the duration of the program. (\$20 non-refundable to rent a guitar)



### Youth walk-in

Tuesday nights 4pm-7pm



### Youth Space

Thursday nights 4pm-7pm

## Project for Youth with YAM

### Youth Active Media (YAM)

The Ottawa Youth Active Media Project (YAM) is an innovative, skill development and civic engagement program for youth. Main goal: empower youth to effect positive social change in their local communities on key issues that matter to them and to build connections between participants and the broader community. Second goal: increase the communications capacity of neighbourhood-based community development initiatives.

Youth participants will develop media and video production skills, and will be exposed to social responsibility and civic engagement. They will learn to leverage effectively the power of the arts for positive social change and community building. They will accomplish this by using the tools and professional equipment available to them to create videos with compelling content for media applications and community-led grassroots actions.

The youth will develop video and multi-media communications products, which will help communicate the issues and improvements in the community.



### Meeting location

Orléans-Cumberland  
Community Resource Centre

### Dates

November 2<sup>nd</sup> – December 7<sup>th</sup>

### Time

4pm to 7pm

### Duration

6 weeks

### Contact

Tanya Lapointe Harris  
613-830-4357 ext. 140

## Would you like to...

- Receive our newsletter by email? Write to [info@crcoc.ca](mailto:info@crcoc.ca)
- Become a member of our **Community Caring Connection** (CCC)? Call 613-830-4357 x305
- Make a donation to the OCCRC? Please find the form on our website on the "Get Involved" page <http://crcoc.ca/get-involved/donate/>

# Volunteer involvement at the OCCRC

Administrative tasks  
Artistic painting  
Board of directors  
Christmas Program  
Committees  
Community activities  
Early Years Centre  
Events

Family support  
Food Bank  
Food drives  
Food pick-up and deliveries  
Fund development & Marketing  
Handiwork  
Income tax clinic  
Interpreter

Music teachers  
Networking  
School Supply Program  
Sewing projects  
Training  
Translation  
Workshops  
Youth Program

## Programs and activities supported by volunteers

Did you know that the OCCRC has over 200+ volunteers contributing over 9,000 hours annually? These volunteers bring an array of skills and abilities. The impact of their contribution, and how their work makes a difference are essential to the Centre's programs and services.

- In 2015, more than 100 volunteers contributed 840 hours the Christmas Program
- A large number of OCCRCs volunteers are baby boomers
- Volunteers donate their time on a regular basis
- Active volunteers contribute more than 100 hours annually
- A great number of volunteers participate to several programs and activities of the Centre

Volunteer work changes throughout the lifecycle, along with evolving priorities, circumstances and interests.

## In Canada

Canadians continue to give their time generously. In fact, they gave close to 2 billion volunteer hours in 2013. However, a survey indicates that 12.7 million Canadians (44%) volunteered in 2013 compared to 13.3 million (47%) in 2010.

Youth (15 to 19 years) are more involved with 66% volunteering an average of 110 hours per year. While the volunteer rate decreases with age, older adults (55 and over) continue to contribute the most (39%) of all hours.

## In Ontario

Did you know - 6 out of 10 Ontarians do volunteer work? The Ontario non-profit sector generates \$50 billion in economic impact in the province. This number represents 2.6% of the GDP (growth domestic product) – more than the auto manufacturing and retail industries, with a labour force of 600,000.

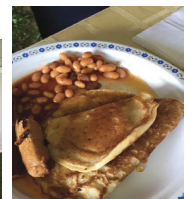
## 1st Annual Pancake Breakfast

Thank you so much to all of you who helped to make our 1<sup>st</sup> annual "Flipping for Charity" pancake breakfast such a great success.

More than 150 people came and enjoyed the delicious breakfast options Proulx Berry Farm had to offer. From gluten free to vegetarian sausages, they thought of everything and it was mouthwatering!

We would like to extend our deepest thanks to not only those who came out to enjoy this grand event with us, but the sponsors, advertisers and our incredible volunteers. Without you this event would never have happened!

We are excited to announce that due to the popularity of this year's event, the OCCRC and Steve Sicard, local real estate agent, have teamed up again to bring to our community in 2017 "Flipping' for Charity" 2<sup>nd</sup> Annual Pancake Brunch. We will be announcing the date soon so please stay tuned!



## Thank you Auction

We surpassed our fundraising goals by more than \$1,000 all thanks to your incredible support!



The OCCRC is humbled by the incredible support our community showed for our 2016 "Bids for Change" online charity auction that was hosted Oct. 14-25th. With 6 amazing sponsors and more than 75 generous donors, this event raised more than \$5,000 that will directly support the OCCRC's Food Bank & Child/Youth programs.

Thank you to everyone spread the word, participated through bidding, donated items and/or sponsored this year's event – your support is heart-warming. An event like this one ensures that we will be here for our community through our many programs and services for years to come.



Here are some of our major sponsors and donors - please visit our website under "Get involved" to see the full list



## The Christmas season is here



The OCCRC's Christmas program is well underway... are you looking for a way to help those who need assistance during this festive season? With a donation of \$80-270 you could help a family or individual in our community, ensuring that they receive the essentials this holiday season.

Another great way to help this Christmas season is by donating toys for children aged 0-14. The OCCRC, with the help from supporters like you, would like to ensure that children in our community wake up Christmas morning with a gift under their tree. We ask that all unwrapped gift donations be brought to our Centre (240 Centrum Blvd. – unit 105) no later than December 10<sup>th</sup> by noon (12pm). If you would like to include a gift bag or wrapping, please feel free to do so.

Are you looking to find a location in your neighbourhood where you can take new unwrapped toy donations? A number of local businesses/organizations are currently hosting "Angel Tree" displays. Here is a list of locations:



- The Hair Shoppe – 1999 St. Joseph Blvd.
- Orleans United Church – 1111 Orleans Blvd.
- Royal Canadian Legion Branch 632 – 800 Taylor Creek Blvd.
- TD Bank – 4422 Innes Rd.
- Winners HomeSense – 4220 Innes Rd.
- Giant Tiger – 2396 St. Joseph Blvd.
- Orleans Chamber Of Commerce – 255 Centrum Blvd.
- Core Elements - 2034 St. Joseph Blvd.

## Upcoming Events

Are you looking for community events that support the OCCRC's efforts to build a better community? Please join us and these incredible businesses/ organizations/ groups hosting events in December, January and February...

### December 3, 2016 - Firefighters Food Drive

Local firefighters will be at some local Orleans grocery stores throughout the day Saturday December 3<sup>rd</sup> to collect food and financial donations that will all be donated to our local Orleans-Cumberland Food Bank.



### December 11, 2016 - 2pm

at the MIFO Centre at 6600 Carrière St. in Orleans. (see page 6 for details)



December 11, 2016 - 2pm 1151 Ogilvie Rd. - Grace O'Malley's – School Of Rock's Christmas Benefit Concert – Thank you to the electric group at School of Rock Orleans for selecting our Centre again this year as their charity of choice for their 2016 Christmas benefit concert.



(see page 6 for details)

February 6, 2017- OCCRC's Wine & Cheese Donor Appreciation Night. This is an RSVP event Please contact Cindy MacKay for more information at (613) 830-4357 ext. 305 or [cmackay@crcoc.ca](mailto:cmackay@crcoc.ca). (see page 6 for details)

## Food donations

### Where can I drop them off?

Are you looking to find a location in your community to donate food items for the Orleans-Cumberland Food Bank this holiday season?



Here are a few locations that will be collecting during the month of December:

- BMO Bank of Montreal - Place D'Orléans Mall
- Alterna Savings - 210 Centrum Blvd.
- Winner/ Home Sense - 4220 Innes Rd.
- Village Bruyère - 879 Hiawatha Park Rd.
- Bellefleur Physiotherapy - 3095 St. Joseph Blvd

Thank you for your support and we wish you all a very happy and healthy holiday season! 5



## Our Caring Community Corner...

Are you hosting a "caring" family/community event this fall?  
Let us know and we'll post it in our *Caring Community Corner*.

### Many thanks to our great community



We are incredibly thankful for the overwhelming support we receive from our community. We would like to take this opportunity to thank the following organizations who took time **over the last three months** to help collect food and financial support via food drives or community events to ensure the success of our food program.

- 3rd Orleans Cub Scouts
- Capital Artisan Guild Christmas Craft Fair
- Capital City Church
- Charlemagne Child Care Services
- Giant Tiger - St. Joseph Blvd.
- Hot Tots Fall Consignment Sale
- Jacobs Full-Belly Mission
- Maple Ridge Public School
- OutGrow Fall Consignment Sale
- Royal Canadian Legion Branch 623
- St. Mary the Virgin - Blackburn
- St. Peters Catholic High School
- St. Theresa Catholic School
- Tiny Hoppers - Orleans

### JOIN US FOR A CHRISTMAS CONCERT!!!

The "Mouvement d'implication francophone d'Orléans" (MIFO) is organizing a Christmas concert and has chosen to donate the proceeds from this event to the OCCRCs food bank program. The donations will be collected throughout the evening.

#### Date - Time - Location

Sunday, December 11<sup>th</sup> at 2 p.m. at the MIFO Centre, 6600 Carrière St. in Orléans.



#### Tickets and information

Mélanie Gatt (613) 830-6436, ext. 218 or write to [mgatt@mifo.ca](mailto:mgatt@mifo.ca).

Only 300 seats available – more than 70 choir members aged 50+ on stage.

The theme: Christmas songs

### You will not want to miss "Rockin" good time...

Please join us and the very talented musicians from School of Rock Orleans on Sunday, December 11<sup>th</sup> at 2pm while we Rock-Out in support of the OCCRCs Christmas Food Bank program.

Last year this event was so well attended it was hard to find a seat! The team at School of Rock have compiled a lineup that will be sure to knock your socks off... they may even have a special surprise that you will NOT want to miss!

Admission will be \$5 &/or a food donation that will all directly support our great community! For more information please visit [www.schoolofrock.com](http://www.schoolofrock.com)



## Donor Appreciation Night



We would like to honor individuals, business owners and managers who have dedicated themselves to support the beautiful community in which we live, play and work. This event is an RSVP event. If you would like to join us for a night of relaxation, socializing, and appreciation, contact Cindy MacKay **before January 31<sup>st</sup>** at 613-830-4357 ext. 305 or at

[cmackay@croc.ca](mailto:cmackay@croc.ca)



### Thank you does not seem enough...

The list below shows many OCCRC supporters who donate food items and financial support to our Centre **on a monthly basis**. Your heartwarming support is what keeps our food bank full for those who need it.

- Dessureault YIG
- Giant Tiger -St. Joseph Blvd.
- Kardish Health Food Centre – Innes Rd.
  - Orléans United Church
- Pantry Plus – St. Joseph Blvd.
- Queenswood United Church
  - Sobeys Orléans
- St. Helen Anglican Church
  - Starbucks – Innes Rd.
  - Tim Hortons – Innes Rd.
  - Tim Hortons – St. Joseph



**Thank you all for your very generous support!**